



## Frederick County Government Senior Programs and Initiatives

*The Frederick Board of County Commissioners is pleased to provide the following listing that highlights the programs and initiatives for seniors in Frederick County.*

- The Frederick Board of County Commissioners implemented a [Senior Tax Credit](#) for senior citizens of Frederick County. As of November 30, 2012, 664 senior citizens have taken advantage of the credit and have received about \$152,215 in tax credits, an average of \$229 per person.

The [Frederick County Health Department's](#) mission is to improve the health and well being of the residents of Frederick County through programs that prevent disease and illness, promote wellness and safety, and protect public health. Programs include:

- **Medicaid Personal Care Program** provides assistance with activities of daily living to Medicaid recipients, including seniors with Medicaid insurance who have a chronic illness, medical condition or disability. Services are provided by self-employed providers, who are approved and monitored by a nurse case monitor.
- **Maryland Cancer Fund** – The Health Department provides support to seniors who are not eligible for Medicare insurance and are in need of cancer treatment, subject to the availability of funds.
- Many other programs and services *directly* benefit seniors such as rabies exposure treatment, mental health treatment, and HIV counseling and testing. Many services *indirectly* benefit seniors such as substance abuse treatment of incarcerated persons to improve public safety by reducing the recidivism rate and communicable disease outbreak surveillance and control.
- Contact the Health Department at 301-600-1029 or at [www.FrederickCountyMD.gov/healthdept](http://www.FrederickCountyMD.gov/healthdept).

[Senior Transportation/TransIT](#) connects people and places; 909,800 trips were provided in FY 2012. **TransIT-plus** is a demand-response paratransit service for senior citizens and persons with disabilities. Reduced rates are available for senior citizens and persons with disabilities to ride TransIT, the MARC Train, the MTA 991 Commuter bus to the Metro, and Metro.

- Seniors who used TransIT instead of driving in FY 2012 saved over \$612,000.
- Contact TransIT at 301-600-2065 or at [www.FrederickCountyMD.gov/transit](http://www.FrederickCountyMD.gov/transit)

The [Department of Aging](#) offers programs and activities that support older adults and persons with disabilities in their effort to remain healthy, active, independent and to age in place with dignity.

- Almost \$985,000 of county funding supplements grants funding for salary expenses.
- The Board allocated \$474,526 in FY 2013 to the Department on Aging.
- The Board authorized spending up to \$100,000 on a needs-assessment of the older adult population. The county applied for and received \$40,645 in grant funding that will be used to help pay for the study.

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Department of Aging Services includes:

- **Senior Centers** – Located in Brunswick, Frederick, Emmitsburg, and Urbana that serve as community focal points and resources to services for older adults, their families, and caregivers. Provides education, socialization, nutrition, fitness, and health oriented programming for adults 60+.
- **Maryland Access Point** is a new federal & state initiative that is designed to promote a single point of entry for older adults and those with disabilities to make it easier and more accessible to apply for services and programs and learn about available community resources. Trained staff and collaborative partnerships enable people to learn about and apply for benefit programs and seminars (which are videotaped and added to the county's website and YouTube) that educate consumers about programs like the Senior Tax Credit, scams that target older adults, and caregiver issues.
- **Information sessions** such as:
  - Medicare and Medigap workshops offered every month.
  - Help with food stamps and energy assistance applications.
- **Mobile information and assistance** at senior centers with topics ranging from assistance with legal documents, consumer education, and financial exploitation.
- **Assistance with state or federal financial help** with Medicare B premiums, prescription drug costs, or energy assistance (electric/heat) if income eligibility requirements are met.
- **The Senior Health Insurance Program** offers confidential, face-to-face counseling assistance for those on Medicare. Includes Medicare education, help with Medicare benefits, filing appeals, and billing problems. During the recent open enrollment for the Medicare Part D, over 850 people received assistance in determining the best drug plan in which to enroll.
- **The Cell Phone Loan Program** has been instituted to provide any Frederick County citizen 60 or older with a cell phone to be used to dial 911.
- **Tax Preparation Assistance** at no charge. Trained volunteers will assist area seniors with both federal and Maryland income tax returns (60 years of age or older, income less than \$40,000/year, no farm rents, no rental income).
- Home delivered meals, "**Meals on Wheels**," are available for persons with disabilities, homebound older adults, and those 60 years or older who live in the areas surrounding the senior centers as well as the greater Frederick community, Walkersville, and Woodsboro. In FY 2012, over 44,000 meals were served to 250 people. The county contributes over \$115,000 that is used to pay for food.
- **Congregate meal** program where noonday meals served. No one is denied a meal because of an inability to pay. In FY 2012, almost 12,000 meals were served to 1,100 people. Meals meet the 1/3 regular dietary allowance as required by the Older Americans Act.

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- **Health Promotion/Disease Prevention** provides:
  - Health education
  - Screenings
  - Appropriate physical fitness opportunities
  - Health services
  - Medication management (screenings, education, and assistance)
- **Consumer Education** such as fraud and scam prevention.
- **Driver Safety Education**
- **The Ombudsman** is an advocate whose goal is to promote the highest possible quality of life and care for residents living in long-term care facilities. Residents, relatives, facility staff, public agencies or any person or group interested in resident well-being may contact the Ombudsman at no cost.
- **[Prescription Discount Card](#)** - Offered free to any county resident. Provides savings averaging 25% at most pharmacies in Frederick County. Call 301-600-6699 anytime to request a card.
- **Public Guardians** may be required to determine appropriate living arrangements, oversee the provision of services, or consent to medical treatment for persons aged 65 and older who have been declared incompetent by the Circuit Court. In lieu of a familial guardian, the Director of the Frederick County Department of Aging, or her designee, may be appointed as a public guardian of a person who has been declared by the Circuit Court to be incapable of making their own decisions.
- **Care Management Services** for clients in the Medicaid Waiver, Caregiver Support and Guardianship program. Currently, there are 29 people served under the Medicaid Waiver program. These individuals qualify for nursing home care but can receive Medicaid-eligible services in the community to enable them to safely age in place. During November 2012, 60 people received help with caregiver needs. The caregiver program also offers a support group and respite subsidies to enable the caregiver to take a break from their 24/7 duties.
- **“Aging in Place” Services** provides in-home aide care, assessment, and meals to enable those who would otherwise qualify for nursing home care with the opportunity to stay in their homes with necessary supports. Currently, 112 citizens receive senior care services with a waiting list of 142 people; 59 people age 60+ receive in-home aide services through the Department of Social Services.
- **Assistance with other state and federal programs** is provided for seniors including Oral Health, Accessible Homes for Seniors, Senior Care Services, and the Personal Care Program.
- **Transportation** to/from centers for congregate meal program and activities (includes medical appointments in the Brunswick area).

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- Reference guides such as the [Blue Book Resource Guide](#).
- E-mail updates sent to seniors automatically and confidentially.

### **Assistance with State/Federal Housing Programs:**

[Housing Office](#) subsidies from the Frederick County Citizens Services Division include:

- **Bell Court Senior Apartments** provides low-cost units for eligible elderly, low-income county residents.
- Homebuyer Assistance Programs.
- The **Home Initiatives Program** provides down payment/closing cost assistance loans to income eligible homebuyers.
- **Housing Rehab/Weatherization/Handicap modifications**
- Housing Choice **Voucher program** (Section 8) - The county general fund pays for part of the staff to administer the program.
- Contact the Housing Office at 301-600-6091 or visit [www.frederickcountymd.gov/housing](http://www.frederickcountymd.gov/housing).

**Frederick County Sheriff's Office, [Victim's Services](#):** The Sheriff's Office is committed to providing quality services to victims of crime. Contact the Victim Services Unit for more information at 301-600-1046 or visit [www.FrederickCountyMD.gov/sheriff](http://www.FrederickCountyMD.gov/sheriff).

***For more information, call the Department of Aging at 301-600-1605 or visit [www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging).***